



Impossibly Easy Mini Thai Chicken Pies

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup onion chopped
- 0.3 cup spring onion sliced (4 medium)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon curry paste red
- 1 tablespoon juice of lime fresh
- 4 oz mozzarella cheese shredded

- 0.5 cup milk
- 2 eggs
- 0.5 cup fruit cocktail salted
- 0.3 cup spring onion sliced (4 medium, if desired)
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center.
- Add onion; cook 2 to 3 minutes.
- Add green onions, cilantro, red curry paste and lime juice, stirring occasionally, until mixture is heated through. Cool 5 minutes; stir in cheese.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup Thai chicken mixture. Spoon 1 tablespoon baking mixture onto Thai chicken mixture in each muffin cup.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean and tops of pies are golden brown. Ten minutes into baking, carefully open oven and sprinkle 1/2 tablespoon peanuts on top of each muffin. Close oven door and finish baking. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer; serve with sliced green onions.

Nutrition Facts

PROTEIN 43.25% FAT 44.41% CARBS 12.34%

Properties

Glycemic Index:40.5, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:13.357391139735%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 216.84kcal (10.84%), Fat: 10.57g (16.27%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.87g (5.41%), Cholesterol: 120.31mg (40.1%), Sodium: 238.19mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.33%), Selenium: 32.52µg (46.46%), Vitamin B3: 8.08mg (40.42%), Vitamin B6: 0.64mg (32.19%), Phosphorus: 285.08mg (28.51%), Vitamin K: 24.77µg (23.59%), Vitamin B5: 1.45mg (14.46%), Calcium: 144.1mg (14.41%), Vitamin B2: 0.24mg (14.1%), Vitamin B12: 0.82µg (13.71%), Potassium: 411.63mg (11.76%), Vitamin A: 499.74IU (9.99%), Zinc: 1.34mg (8.94%), Magnesium: 32.02mg (8%), Vitamin C: 4.81mg (5.83%), Vitamin B1: 0.09mg (5.78%), Folate: 20.38µg (5.09%), Iron: 0.85mg (4.75%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.67µg (4.45%), Manganese: 0.09mg (4.27%), Copper: 0.06mg (3.08%), Fiber: 0.69g (2.76%)